

## Identifying & Treating Obsessive-Compulsive Disorder



**Michael Heady, LCPC** is the Co-Director of the Anxiety and Stress Disorders Institute of Maryland. For over a decade, he has specialized in the treatment of OCD and Anxiety Disorders. He is a Clinical Fellow with the Anxiety and Depression Association of America and a member of the International Obsessive-Compulsive Disorder Foundation. He has extensive training and experience with Cognitive Behavior Therapy, Exposure and Response Prevention, and Acceptance and Commitment Therapy. He presents educational workshops for the public, runs a weekly group consultation for therapists and guest lectures about Anxiety and OCD. Mr. Heady was also an Adjunct Lecturer at McDaniel College for 9 years where he was able to educate students to better understand and advocate for those with mental health concerns.

This presentation will include:

- OCD facts & statistics
- OCD phenomenology
- OCD process and conceptualization
- OCD assessment tools
- Subtleties of effective treatment
- OCD treatment is about learning

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## Co-Morbidity & Differentiation Among Anxiety & Obsessive-Compulsive Related Disorders



**Andrea Batton, LCPC** is a graduate of the Behavior Therapy Training Institute of the International OCD Foundation (BTTI) where she completed an intensive specialized training program in cognitive-behavioral therapy for obsessive-compulsive and related disorders. She also completed over two years of advanced training as a post-graduate fellow at the nationally recognized Behavior Therapy Center of Greater Washington (BTC) specializing in the treatment of anxiety and OC-related disorders from a cognitive behavioral perspective. Currently, Ms. Batton is the founder of, director and practicing clinician at The Maryland Anxiety Center (MAC). She actively serves on the board of OCD Mid-Atlantic, an official affiliate of the International OCD Foundation serving all of Maryland, DC and Virginia. This presentation will include:

- Overviews of Anxiety Disorders, Obsessive-Compulsive Disorders, OC- Related Disorders, and disorders commonly treated by Anxiety/OCD specialists.
- How to differentiate between and among the Anxiety and OC-Related Disorders
- Overview of co-morbidity
- Overview of gold standard evidence-based treatments.

## Schedule

Registration: 8:15 AM  
 Announcements: 9:00AM  
 Morning Presentation: 9:15-12:15 PM  
 Luncheon: 12:15-1:30 PM  
 Afternoon Presentation: 1:30-4:30 PM

## Location

### *Martin's Crosswinds*

**7400 Greenway Center Drive  
 Greenbelt MD 20776  
 (301) 474-8500**

## Directions

From 495 exit 22A for Baltimore-Washington Parkway. Take the MD193E exit. Turn right onto MD 193/Greenbelt Road. Turn Right onto Hanover Parkway. Turn Right onto Greenway Center Drive.

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Approved by the Maryland Board of  
 Professional Counselors and Social  
 Workers

**Contact LCPCM  
 www.LCPCM.org  
 443-370-1255**

## Conference Registration

**Registration deadline is April 10, 2020**  
Networking Luncheon Included

### **Conference Fees:**

LCPCM Members: \$125  
Non-Members: \$165  
LGPC/Retired: \$75  
Student: \$65 (not for LCPCs or LGPCs)

*Walk-ins are registered on a first come first served basis as space allows after all those registered in advance sign-in. Late registrants and walk-ins will be charged an additional \$20 late service fee. Accommodations upon request.*

### **Membership Fees:**

LCPC \$105  
LGPC/Retired \$85  
Student \$25 (not for LCPCs or LGPCs)

**If you join when you register, you are eligible for the membership rate.**

*Registration & membership payment by credit card is available at [www.lcpcm.org](http://www.lcpcm.org) or complete the information below and mail with a check payable to LCPCM to:  
P.O. Box 7762, Wilmington, NC 28406*

Name \_\_\_\_\_

Home address \_\_\_\_\_

Work Address \_\_\_\_\_

Phone #'s \_\_\_\_\_ (H) \_\_\_\_\_ (W)

E-Mail \_\_\_\_\_

Credential: LCPC \_\_\_ LGPC \_\_\_ Other \_\_\_\_\_

*If you are new to LCPCM and wish to be on our **Find-a-Therapist** website listing, please go to [www.lcpcm.org](http://www.lcpcm.org) and create a profile after joining.*



P.O. Box 7762  
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LICENSED CLINICAL PROFESSIONAL  
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## 2020 Spring Conference

*Anxiety, Obsessive-  
Compulsive & Related  
Disorders*

*Presenters:*

*Michael Heady, LCPC  
Andrea Batton, LCPC*

**Friday  
April 17, 2020  
8:30AM - 4:30PM**

**Martin's Crosswinds  
Greenbelt MD**

**6 CEU's**